SACWN Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

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Thursday, February 12, 2004 · Last updated 8:12 p.m. PT

San Francisco officials marry gay couples

By LISA LEFF
ASSOCIATED PRESS WRITER

SAN FRANCISCO -- In an open challenge to California law, city authorities performed scores of same-sex weddings Thursday and issued a stack of marriage licenses to gay and lesbian couples.

Applause filled the marble passages under City Hall's ornate gold dome as 87 jubilant same-sex couples breezed through brief ceremonies, promising to be "spouse for life" to partners some had loved without marriage for decades.

"Today a barrier to true justice has been removed," said Gavin Newsom, newly elected mayor of the city considered the capital of gay America.

So many couples took the city up on its surprise offer to grant previously unobtainable same-sex licenses that, by late afternoon, overwhelmed officials told new applicants to return Friday. In all, San Francisco issued 95 marriage licenses to same-sex partners Thursday.

In San Francisco, city officials tried to keep the first marriage - between longtime lesbian activists Phyllis Lyon, 79, and Del Martin, 83 - confidential so they could complete it before any court intervention.



The secrecy meant that many couples started their days with no idea they would wed by evening. As word spread, they rushed to City Hall, most dressed casually in jeans with hastily assembled witnesses.

"There is a part that doesn't feel romantic at all, but obviously it feels historic," said Guillermo Guerra, 29, who married Andrew Parsons, 39, his partner of eight years.

The day began quietly with the morning nuptials of Lyon and Martin, who were wed just before noon by City Assessor Mabel Teng in a closed-door civil ceremony at City Hall. The two have been a couple for 51 years.

As other couples wed, scores more crowded outside the San Francisco County Clerk's office awaiting licenses, many arm in arm.

"I understand there are wrinkles that need to be worked out, but as far as I'm concerned, we will be married," said Molly McKay as she and her partner of eight years, Davina Kotulski, stood at the clerk's counter.

During one of the weddings, performed before TV cameras, the vows were rewritten so that "husband and wife" became "spouse for life."

Lyon and Martin said after their brief ceremony that they were going home to rest and did not plan anything to celebrate. The couple seemed proud of what they had done.

"Why shouldn't we" be able to marry? Lyon asked.

The mayor was not present at the morning ceremony but later presented Martin and Lyon with a signed copy of the state constitution with sections related to equal rights highlighted.

Across the nation, gay and lesbian couples headed to courthouses seeking marriages licenses Thursday as part of National Freedom to Marry day, which has been held on Feb. 12 since 1998.

The grass roots events are meant to raise awareness about marriage equality, said Evan Wolfson, executive director of Freedom to Marry, a group working for recognized gay marriages nationwide.

Photos of many weddings are available on the BACW website: www.bacw.org.

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We would like to thank Nancy, Heidi and Sharon S. for all their work and dedication to SACWN. Your efforts have made a significant impact on our organization and we are grateful for what you brought to it. May all your future endeavors be fruitful.

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
916-451-8034
SACWN1@aol.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
(open)

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/SPECIAL PROJECTS
Kelli

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@sbcglobal.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (April 1, May 6th & June 3rd). We meet at the Lambda Center located at 1927 L St. Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@aol.com with your ideas.

Cancer, The Immune System, and Nutritional Supplements

Recent discoveries resulted in amazing all-natural nutritional supplements. All of these nutritional supplements have powerful effects on the human immune system. And, while each of these natural nutritional supplements help prevent and treat immune diseases individually, together they may work even more powerfully to help strengthen our immunity and keep us cancer-free.

In this issue of Ask the Doctor, Dr. Weiss discusses three important natural discovers; namely, POA cat's claw root, maitake mushrooms, and IP-6 with inositol.

This is an Article taken from Ask the Doctor a publication. To read the entire article go to their website at: www.ATDonline.org

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RESILIENCE : Keys to a Peaceful Soul
"Bouncing Back from Bad Times"

Life is formed by two forces: the events that take place and the way in which we react to those events. Some people are laid low by relatively minor reverses, such as getting a traffic ticket or being passed over for a promotion. Unavoidable losses, such as children leaving home or the death of a parent, may send them into depression. However, others are undaunted by terrible misfortune - catastrophic illness, the deaths of loved ones, financial collapse. One quality that separates the first group from the second is resilience.

Resilience is the ability to recover from an adverse change. The trait is as important to human beings as it is to rubber balls. We don't bounce back well without it.

Although some people seem to be innately better at coping than others are, resilience isn't established at birth. It can be enhanced or eroded later in life. Experience is a great help. Recovering from one setback makes it easier to come back from the next.

Because it is so important to success and even survival, psychologists have devoted quite a bit of attention to defining resilience and to investigating ways to enhance it. Much of the information on resilience has come from studies of people who are unusually resilient: concentration-camp survivors; children of broken, impoverished homes; people with severe physical handicaps; and others who have succeeded against the odds. These people share many of the following characteristics.

Authenticity. Being the same person inside and out contributes to resiliency. The person who is content to be herself doesn't waste time and energy maintaining a facade or trying to conceal an unappealing "real" self. Nor is her identity dependent upon external factors, such as money, position, or association with others. Thus, she isn't likely to be devastated by the loss of these factors.

Willingness to accept responsibility. Resilient people don't see themselves as victims, even when they find themselves in circumstances for which they are in no way to blame, such as a natural disaster or a serious illness. Instead, they think of themselves as confronting a challenge. In doing so, they "own" the experience by addressing the situation with a positive action. When they err, they acknowledge their mistake and use the experience as a learning one.

Acceptance of change. Like it or not, change has become one of life's constants. Moreover, it's occurring at an accelerating rate. The resilient see change not as frightening but as presenting new opportunities.

Responsiveness. Resilient people are attentive to their environment. They are aware of the world around them. They listen to others and are open to new ideas. This gives them the flexibility to adapt to changing technology, social customs, and economic climates.

Faith in themselves. Resilient people are self-confident. They don't fret about whether or not they can rise to the challenge; they just take it on. They remind themselves that if others have bounced back from adversity, they can as well.

Ability to take risks. Although they aren't daredevils or given to foolhardy endeavors, the resilient are willing to strike out into the unknown if there is a reasonable chance of success. They are often creative or entrepreneurial in spirit.

Belief in the transcendent. This often manifest as religious faith, but it may also be a love of nature, art, music, or humanity. A sense of purpose beyond oneself often produces the unflagging conviction that life is worth living.

Special Interest Groups (SIGS)

Do you have an idea for a new special interest group?
Come to our Monthly Steering Committee meeting and present your idea.
We're always happy to offer more groups in which our SACWN members can participate!

NEW SIG Photography Group



Bring your camera (digital or film) and enjoy meeting with other women who love photography. At our meetings we'll discuss where our next shoot will take place, share ideas and recent pics, etc. Underwater photographers are welcome. Contac Jacquie at 359-2546 or Jessica at 580-7322. E-mail - punky@surewest.net.

W.O.W. - Womyn on Wednesdays

This is a women's discussion group that meets weekly at the Lambda Center (1927 L Street) at 7 PM. We have topics that are of interest to our members such as safe sex, the role of women in the media, and body image. Also, there are game nights, movie nights, and field trips. And the third week of the month there is a potluck. It is a great place to meet other lesbians in the area and make lasting friendships.
Feel free to contact one of our facilitators: E-mail us at: ourfamily916@msn.com or check us out on the web: http://lambdasac.org/wow/wow_index101703.html

Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship. We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities. Hopefully we will be taking a day trip in the summer to Thunder Valley for a day of play, food and fun.



The next Couples dinner is going to be XXXXXX. Place to be announced. Please contact jazlady88@hotmail.com for more information or questions. Hope to see you soon!

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversation.

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for **both singles and couples**. Each month we get together for a meal at a local restaurant or at home pot lucks.

We would like to thank Kathleen for volunteering to be the new head of our Top 10 Group. Welcome aboard, Kathleen. You can contact Kathleen at katmomma@winfirst.com.

Saturday, April 17 at 2 PM we'll be having a Spring potluck at Betty and Dot's. Ham will be served and you can bring a side dish and a drink. You might also want to bring a chair to sit outside on the patio. **You need to wear an Easter bonnet for the occasion.** There will be judging of the bonnets. Prizes will be awarded in several categories. So start making them now so we can have a creative array of bonnets from which to judge. Please RSVP by April 15 to Betty and Dot 916-456-2577.

Sunday, May 16 at 10:30 AM is a brunch that is still being arranged. It will be at Jazzman's Art of pasta restaurant in Old Sacramento. Leta will be making arrangement. Please RSVP (916-408-1617) no later than May 10.

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"If you can find humor in anything, you can survive it."
Bill Cosby

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We must be the change we wish to see in the world.

Mahatma Gandhi

Seasoned Singles (SS)

Seasoned Singles is for single women over the age of 50 who live in the greater Sacramento area. For more information contact Shirley H. @ 916-564-9814 or E-mail seasonedsingles@earthlink.net.

Seasoned Singles - *On Going Activities*

Poetry: For information about poetic venues and literary spaces contact Rama at 916-428-7227 or 428-7224 or Djerma@aol.com

Poker on the 2nd Friday of each month. Contact De D. at 916-927-3304.

Women's Music - For concert information contact Mary at 916-395-4147 or E-mail MaryStoschke@webtv.net

Movie Group - Joy has offered to organize groups to go to the movies. She's most interested in attending movies at the Crest and Tower, but will consider other theaters too. Contact her at 916-567-1045 or JFisher979@aol.com

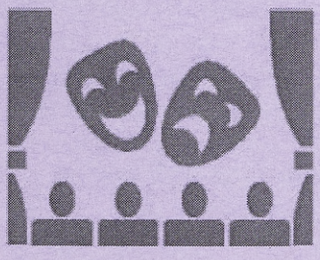
Impromptu Group: Contact Shirley H. at 564-9814 or Raenbo@earthlink.net. Anyone on the Impromptu E-mail list can contact other women on that list to invite them to an activity on an impromptu basis.

Pinochle Group: Now forming. For details please contact Joy at 567-1045 or JFisher979@aol.com.

MORE SIGS THROUGH SACWN

Smart Women Talk - This is a gathering for women to meet and discuss various topics. If you're interested, contact Jazlady88@juno.com.

Arts and Entertainment



From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you are interested in participating in or coordinating an event, contact Sharon J. To have the latest updates sent to you by E-mail, just send your

E-mail address to: sharonju@sbcglobal.net and indicate your desire to be on the A&E E-mail list.

Half-Fast Hiking Group

This is a well-organized, friendly group of serious hikers who know how to have fun. We are in our sixth successful year of day-hiking with hikes scheduled once per month all year long. We walk at a comfortable pace and usually average about five miles round trip on hikes that are rated "easy" to "moderate". All new-comers will receive a warm welcome!

We are presently looking for a new leader for this group. If you're interested please contact Linda at 452-5806.

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SACWN's Newsletter Is Going Electronic!

Begin receiving your newsletter in your E-mail. Just send your name, address and e-mail address to SACWN at: SACWN1@aol.com. Then we can begin sending the E-newsletter.

You will receive your newsletter right in your E-mail as a PDF. If you have Adobe Reader, you can open it. If you don't, you can go to our web site: www.sacwn.com and download it from there. For those who don't have access to E-mail, we will also be sending out the paper form of the newsletter.

So help SACWN save trees and save money on printing and postage. Sign up for your E-newsletter today!

SACWN Calendar and More

What's Happening In Our Community!

Lambda Freedom Fair

http://www.lambdasac.org/fair.php

The Lambda Freedom Fair is the oldest and largest LGBTQI pride event in Sacramento. This year is the 20th annual Fair. The Lambda Freedom Fair is the primary source of income for the Lambda Community Center. ALL money raised at the Fair goes to support the Center for the following year. This allows us to provide resources and programs to the community.

The 20th Annual Lambda Freedom Fair will be on Saturday, June 5, 2004 at Southside Park from 10 a.m. - 6 p.m. We will again have roving entertainment with mimes and clowns with balloons, a game midway and action rides, and three entertainment stages.

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Want to know what else is happening in the area?
Check out these groups.

D.O.T.: Long time local organization for couples and singles. Age range averaging between 35 and 55 years of age. Contact person is Vickie at dejavu 95821@earthlink.net

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - shoes2u@hotmail.com or PO Box 295, El Dorado, CA 95623.

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League Contact person is Tom Lane - 916-635-1535.

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org

For local information e-mail Sharon: shtaylor@dfg.ca.gov

Friday Night Dances at the Methodist Church

These Friday Night Dances provide a fun environment for everyone. Do you enjoy dancing, want to learn to dance, like to socialize or people watch? Come out and join us for a no pressure, stress-free Friday night out. Dance is structured to the Two-Step, Waltz, Cha-Cha, Salsa and Line Dancing. Are you shy about learning to dance or need extra help in learning the dance steps? We can provide private instruction before the group lesson or connect you with some-one at the dance to give a one-on-one lesson.

We are a friendly mix of both couples and singles. Dances are held every Friday night at the Central United Methodist Church, 5265 H Street in the Social Hall. Group lessons start at 7:30pm.
Open dance from 8:00-10:00pm. The Hall has a large hardwood floor with plenty of room to dance. No smoking or alcohol is allowed in the social hall. Children are welcome with adult supervision. A $2.00 donation is appreciated, but not required. We have bottled water or juice for $1.00.

You can be notified of upcoming events and any announcements related to the dance by joining our E-mail list at nancin@pacbell.net. No junk mail will be sent. For more information call Cindy or Nancy at 916 987-6614.

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"Lesbians, Health & The Law"
4th Annual Conference on Lesbian Health Research

Cosponsored by the Lesbian Health Research Center @ UCSF (LHRC) & the National Center for Lesbian Rights (NCLR)
Saturday, June 19, 2004, Ramada Plaza Hotel International, 1231 Market Street, San Francisco
* Friday, June 18th, in conjunction with the Conference, LHRC will sponsor the "Celebrating Our Heroes and Heroines" Benefit Gala. Reception - Entertainment - Dancing

More details on the conference program and benefit coming soon.
* Registration Information - Online registration for both events begins in March at http://www.lesbianhealthinfo.org. Please register early. We expect to sell out!
* More about the Lesbian Health Research Center - Please visit http://www.lesbianhealthinfo.org

Women's Music In Our Area
Relationship Weekend
Gay/lesbian-friendly doctor

April 20, 2004 - **Tret Fure and Judy Small**
The Blue Heron, Duncan Mills, CA
(707)865-9135
http://www.tretfure.com/ &
http://www.judysmall.net/

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PARTNERS ENRICHMENT WEEKEND FOR LESBIAN COUPLES
A Valentine That May Last Forever
MAY 7 – 9, 2004

Great relationships are made, not born. Do you spend more time on your wardrobe, your car, or your grocery list than you do creating and maintaining a joyful and enthusiastic partnership? Partnership growth can be fun, exciting and energizing.

This Partners Enrichment Weekend will provide tools to:
*Deepen the level of intimacy with your partner.
*Connect with your creative, playful self.
*Distinguish between destructive and life enhancing communication and behaviors
*Extinguish blame and share power while reducing conflict
*Create a living relationship vision with your partner

WHAT A GIFT FOR YOUR RELATIONSHIP!

This engaging participatory weekend is designed to infuse your partnership with insight, spontaneity and renewed passion. It is an opportunity to nurture mind, body and spirit.

Is money an issue? Consider this: the price of this weekend is much lower than others and it includes lodging for 2 nights, and 10 meals plus snacks. Not impressed? Consider this: the cost of couples therapy ranges from $80 to $150 an hour. You do the math.

Location: A tranquil, wooded retreat center in the foothills east of Auburn.

Participants: Committed lesbian partners

Facilitators: Kate MacKenzie, LCSW and Sandy Little, MFC have many years of experience assisting lesbian couples. They are committed to creating a supportive and safe environment while inviting couples to experience fun, games and personal growth.

Cost: Early registration: $350 per couple. Registration after April 7 is $375, and $400 after May 1st.

FOR REGISTRATION OR MORE INFORMATION CALL (916) 484-4155

Partners Steering Committee: Elie Charlton, Kate MacKenzie, Sandy Little, Eloise Nielson, Sue Charles

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Find a gay or lesbian-friendly doctor

by Gregory Rowe
Gay.com Network

The Gay and Lesbian Medical Association represents the interests of more than 70,000 GLBT physicians and medical students. GLMA was founded in 1981 to combat homophobia within the medical profession.

Among the many services they offer patients is a Physician Referral Database online.

If you live in North America and would like to find a physician who understands your specific health concerns, this is a great tool.

http://content.gay.com/channels/health/docreferral.html

Spring Festival & Women-Run Vineyards

SUNDAY, MAY 2, 2004
A WOMEN'S RITES OF SPRING FESTIVAL



Celebrating Women
Co-produced by:
THE LILITH INSTITUTE & DAUGHTERS OF THE GODDESS

Join Yoruba Chief & Storyteller Luisah Teish, Poet and Author Judy Grahn, Vicki Noble, healer and co-creator of the Motherpeace Tarot, Hawaiian Priestess Leilani, Singer/Songwriter Jennifer Berezan, Spirit Drummer Afia Walking Tree & her drummers, Labyrinth Facilitator Gloria Good, Marial Raquel Vargas, Deborah Grenn and others, as we share our wisdom through words, drums, sacred song, dance and ritual.

** MARKETPLACE * - Women's art/crafts, ritual objects, jewelry, CDs, candles, herbals & more will be on sale!*

Featuring the art of Shiloh McCloud and Carrie Flemming & the sacred gourds of Iya Omiseun and Maura McCarley

Celebration: 10 AM to 6 PM and 7:30 to 10 PM
The day will start with a labyrinth walk and meditation, and end with an evening ritual.

Watch their web page - *http://www.lilithinstitute.com/news.htm*
for the full program schedule.

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Tickets: Early Bird prices: Reserve by April 13 - $65
After April 13 or day of event, for full program: $ 75. For evening only: $ 15-27

Payment may be made using PayPal on their site or by sending a check to:
Deborah Grenn, mailed to: The Lilith Institute, P.O. Box 6004, Napa, CA 94581

For student, elder or group discount rates ($50 for elders, $65/person for groups of 5 or more), write to: events@lilithinstitute.com,
or Leilani@daughtersofthegoddess.com, or call 707-224-7572 or 925-787-9247.

Start your wining at these women-run California vineyards

by Susan Lauer
for Girlfriends Magazine

The best way to decide which wineries to visit is to follow a woman's intuition and head straight to the tasting rooms where female wine makers are producing award-winning wines in unprecedented numbers. Today, more than 25 women are wine makers in California's Napa and Sonoma valleys.

In Napa Valley, be sure to drop by Domaine Chandon, where wine maker Dawnine Dyer enjoys an international reputation at one of California's popular, beautiful wineries, located in the hills of Yountville (707-944-2280).

Domaine Carneros by Taittinger (707-257-0101), home to wine maker Eileen Crane, stands out as another sparkling wine producer in Napa.

William Hill Winery (707-224-5424), just north of Napa has produced some of the region's best cabernet sauvignon and Chardonnay wines. Jill Davis got an early start, first trying her hand at winemaking during her senior year in high school with a bunch of Zinfandel grapes, an encyclopedia, and some yeast from the family kitchen.

In Sonoma County, the female touch and taste continues. Margaret Davenport joined Clos du Bois Winery in Geyserville (707-857-3189) in 1987 and became wine maker in 1990. She prefers letting nature be her guide. "I believe wine is made in the vineyard, and that the vintage dictates wine making technique," said Davenport, who was declared Wine maker of the Year for 1997 by wine writer Dan Berger.

Over in the town of Sonoma, don't miss freewheeling Gundlach-Bundshu Winery (707-938-5277), Winemaker Linda Troutta said her wine interest came from her grandfather, who immigrated from Italy. "I've been pushing basketpress handles since age five," she said, "and wine has always been on the table."

But whether you're in a tasting room, at home or sitting in a cushy limo seat, the next time you raise a glass of vino to toast friends and happiness, remember the women who put a distinctive female touch in every bottle and bring acclaim to their trade.

Susan Lauer is a freelance writer located in California's Sonoma valley. She writes regularly for Argus Courier.
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Financial Focus –

Financial Focus
"What Does Election Year Mean for Investors"

Although the presidential campaign hasn't fully heated up yet, it will soon. As a citizen, of course, you may be quite interested in the election. Bus as an investor, should you be equally attentive?

It might seem that the presidential race brings out some issues that could have a substantial effect on your investments. In the weeks and months ahead, you are likely to hear a lot about the loss of manufacturing jobs, the growing budget deficit, problems in Iraq, strains between the U.S. and other countries, environmental concerns and other topics.

Clearly, These are serious subjects, worthy of a national debate. However, they probably shouldn't drive your investment decisions. The financial markets are most strongly influenced by corporate profits and the performance of the economy – and, right now, both of these variables are looking pretty favorable.

History is on your side
In the investment world, as in most walks of life, what's happened in the past doesn't always foretell the future. Yet, it's interesting to note that, for the past 60 years or so, the financial markets have done better in the last two years of four-year presidential cycles than they did in the first two. In fact, since 1941, the average returns of the Dow Jones Industrial Average in the third and fourth years of presidential cycles have been 21.3 percent and 11.7 percent, respectively accordingly to an analysis cited in The Wall Street Journal. But the returns for the first two years have just been 7.9 percent and 9.6 percent.

You can't count on these figures as a guide to your near-term expectations. Nonetheless, for what it's worth to you as an investor in 2004, history is on your side.

After the election
Like anyone else, you'll have your own reasons to vote for one presidential candidate or another, But, as you look to the future, don't make the mistake of thinking that the fate of your candidate is inextricably linked to the success or failure of your investments.

The fact is that the markets have done well and poorly under both Democratic and Republican administrations; neither party has a monopoly on the good times or the bad. Consequently, as you plan your investments strategies for the next few years, don't read too much into the outcome of the election.

In fact, your bet is to follow some tried-and-true investment techniques before and after the presidential contest. Here are a couple to consider:

Look for quality – Political leaders come and go and the economy will always ebb and flow. But if you invest for quality, you may never be "out of style." So, when you're considering a stock, look at the fundamentals of the company. Is its management sound? Are its products competitive? Does it have a solid business philosophy? Does it have a solid track record of earnings? If you're investing in bonds, make sure they receive the highest grades from the independent rating agencies.

Look for diversification – Once you find a high-quality stock, bond, mutual fund or other investment, you need to determine if it's a good fit in your diversified portfolio. For example, suppose you discover a growth stock that you really like. If you already own several others that are similar, you may not be helping yourself much by adding the new stock – and you could be diverting resources from other investment opportunities that can help you make greater progress toward your long-term goals. Your financial professional can evaluate your holdings to help ensure that you're properly diversified.

Cast your vote – and invest wisely
This November, make sure you vote – it's important for all of us to participate in our democracy. But try to keep your investment plans separate, as much as possible, from the electoral process. You'll want to "vote" for the right investments for the right reasons.



SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
Call 916-483-8730 and let us advertise your business to our membership.

The Center for Spiritual Awareness

1020 West Capitol Ave.
West Capitol Ave., West Sac.
Sundays 10 AM
Wednesday Meditation 7 PM
Jr. Church for kids - all ages - Sunday at 10
(916) 374-9177
Home of the new Thought Gospel Choir

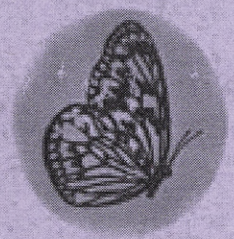
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Linda E. Killick
(916) 486-8985

2321 Lloyd Lane, Sacramento

Law Offices of
Rosemary Metrailer
Mediation • Arbitration • Business Law

Rosemary Metrailer, *Attorney at Law*
PO Box 215, Nevada City, CA 95959
email: rmetrailer@metrailer.com
Sacramento: (916) 447-7258 | Nevada City: (530) 265-3062
Facsimile: (530) 265-0601



Couples, Families, Individuals
Ellie Zacks, Ph.D.
Clinical Psychologist
PSY10426
(916) 863-1790
By Appointment
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Subscription/Membership Application

Name(s) _____

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New	**Renewing**
Categories	***Rates***
Regular	$24.00
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Limited Income	$12.00

Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

____ I/we would like to receive the newsletter electronically.

Email address: _____

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

_____

(Signature) (Date)

_____

(Signature) (Date)

Please make checks payable to:
SACWN

Mail to:
SACWN
PO Box 19036
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Volunteer Form

Can you volunteer? We need help in the following areas:

NEWSLETTER

Proofreaders & Editors
Writers
Layout & Graphics

ACTIVITIES

Planners
Decorations
SIG Leaders

Comments, Suggestions, Viewpoints

_____

_____

_____

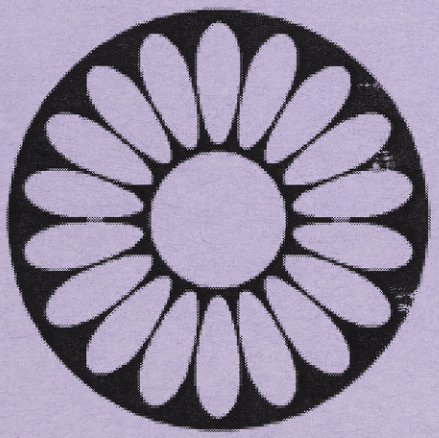
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Want to contact us but don't want to write? SACWN has voice mail and E-mail! Call us at (916) 451-8034 and leave a message. We will respond as soon as possible. OR you can send E-mail to:
SACWN1@aol.com







PO Box 19036
Sacramento, CA 95819-0036

SACWN, Inc.
Sacramento Area Community Women's Network

Sign up for our electronic newsletter! See Page 5!

Rosemary Metrailer
Tina Costella
PO Box 215
Nevada City, CA 95959

95959+0215